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Live Webinar

Tuesday February 25, 2020 @ 7:30-8:30am

Faculty: Jeffrey Selzer, MD

Educational Objectives:

♦ Review the warning signs that stress, depression, anxiety or substance use may impact work or personal life
♦ Identify strategies to increase personal empowerment towards making positive change, including self-assessment tools
♦ Recognize self-monitoring strategies for stress related problems and know when to seek professional assistance

To register, please click here

For more information, contact:
Raza Ali at rali@mssny.org or call (518) 465-8085

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